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COURTESY DANIEL LUNDY

Heat taking a toll on B.C. salmon

WILDLIFE

Expert worries harsh weather will keep fish from spawning

Matt Kieltyka
Metro | Vancouver

Experts fear that British Columbia's hot and dry summer could devastate Fraser River sockeye salmon.

University of British Columbia biologist Tony Farrell said that with the river's water level at a historical low and temperatures at almost unbearable levels for spawning salmon, scientists are worried about the impact this summer could have on sockeye salmon populations.

"It's an extreme year; that's the best way to describe it from an environmental perspective," said Farrell. "There is a five- to seven-degree difference between optimal and them being unable to swim. It's at the upper limit already. The worst situation is that the fish just choose not to come into the Fraser River — it's just too hot. That means that they won't spawn."

Due to a low snowpack this year, Farrell said, the Fraser River is at its lowest level in 25 years (which is as far back as the data has been reliably tracked) and that the peak temperature of 20.5 C in July was four degrees warmer than average.

The last time researchers saw similarly harsh conditions — in 2004, when the temperature reached 21.5 C in mid-August — 70 per cent of the Fraser River sockeye population failed to make it up to at least Harrison Lake to spawn. They typically travel much farther.

Farrell, suffering from a cold he picked up during a recent research trip, used himself as an example.

"The real key is your body temperature," he said. "Your body self-regulates at around 37 degrees, right? My fever was not too serious, but if I get up to 42 degrees, I'd be going to the hospital. That five degrees is the difference between me being OK and being in the hospital. For salmon, it's no different."

To compound matters further, warm ocean temperatures are seeing more mackerel and tuna swim north, which feast on juvenile salmon as they enter the Pacific.

While the government could shut down commercial fisheries later this year if returns are too low, Farrell said there's not much in the way of immediate relief for salmon this year.

"I'm not sure what we can do," he said. "In Santiago (Chile), they're praying for rain and it's winter. It's the same along the whole coast. We've got global issues (of climate change)."

metro NEWS
Your essential daily news

Mormons publish first photos of 'seer stone.' World

Most wildfires across B.C. human-caused: Minister

ENVIRONMENT

140 fires were burning in the province as of Tuesday

A spike in human-caused wildfires across British Columbia has the forests minister calling for more vigilance from the public.

Steve Thomson said only 18 of the 31 flare-ups over the long weekend were caused by lightning, while the rest had people to blame.

"One human-caused fire remains one too many," Thomson said. "This continues to be a source of significant frustration to our wildfire service and to the province and to our ministry."

As of Tuesday, 140 fires were burning in the province out of the nearly 1,400 blazes that started since April.

Flames have so far consumed about 2,800 square kilometres of land — considerably more than the 10-year average of about 600 square kilometres.

The government has floated the idea of stiffer fines on people who start fires through negligence, such as throwing burning cigarettes out of vehicle windows or leaving campfires unattended.

A report on the proposal is expected some time this fall, Thomson said.

The Wood Lake fire burning near Harrison Lake, east of Vancouver, on Tuesday. COURTESY B.C. WILDFIRE BRANCH

Kevin Skrepnek, B.C.'s chief fire information officer, said hot, dry conditions will likely lead to an increase in wildfires over the next few days.

More than 800 people remain involved in firefighting efforts, including 150 out-of-province personnel, mostly from Ontario and Australia.

Campfire bans remain in place through most of southern B.C.

Only one evacuation order remains in place, at the Dog Mountain fire near Port Alberni on Vancouver Island, though issues related to slope stability, not fire activity, are involved.

The Forests Ministry said the area's shoreline is unsafe because of danger from trees and rolling debris.

Firefighting efforts have cost the province almost $175 million since April, compared to nearly $130 million spent by this time last year.

THE CANADIAN PRESS

> **One human-caused fire remains one too many.**
> Forests Minister Steve Thomson

Suit aims to stop U.S. law in Canada

Two Canadian women began their Federal Court case in Vancouver on Tuesday, seeking to have a judge declare that Canada's co-operation in supplying financial information to U.S. tax collectors is unconstitutional.

Gwen Deegan, 53, a Toronto graphic designer, and Ginny Hillis, 68, a retired lawyer living in Windsor, were both born in the U.S., but both moved to Canada at the age of five.

They are deemed U.S. "persons" under U.S. legislation, the Foreign Account Tax Compliance Act (FATCA).

Last year, the federal government of Canada announced an "intergovernmental agreement" to enforce FATCA in Canada. The government now requires Canadian banks to forward financial information concerning U.S. persons to the Canadian Revenue Agency, which passes it along to the U.S. Internal Revenue Service.

"We feel they have betrayed us," Deegan said of the Canadian government.

She said she was shocked to learn that she, along with other Canadians born in the U.S. or born in Canada to U.S. parents, have been captured under FATCA, which requires non-resident citizens to declare and pay income tax. Under U.S. law, Deegan says she is supposed to pay capital gains tax if she sells her house, her tax-free savings account could be taxed and her husband is affected because the couple jointly owns a graphic design business. NEAL HALL/FOR METRO

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Few pause for plaza

PORCH PARADE

Former councillor suggests public survey on Robson Street project

Emily Jackson
Metro | Vancouver

There hasn't been much of a porch party on Robson Street this summer.

Conspicuously fewer pedestrians are stopping to sit and enjoy this year's Viva Vancouver Robson Redux installation than during previous summers.

Called Porch Parade, the installation of tall, bright, house-shaped structures with porches, railings and Adirondack chairs won the annual competition to transform the 800 block of Robson Street into a summertime plaza.

But at any given time during Tuesday's lunch hour, only a handful of people interacted with the installation, while dozens crowded to eat their lunches on the nearby steps at the Vancouver Art Gallery. The scene is a stark contrast to the past two years, when most seats were taken.

"They look cool, but that's not necessarily where you want to sit," said former city councillor Peter Ladner, who weighed in on the challenges of getting public space right. He likes the idea but said the seating is a bit awkward. "Those big Adirondack chairs require quite a commitment. You have to settle into them, when some people want to perch."

Longer stays in the comfortable chairs on the shaded porch, however, are exactly what Dylan Milord, 31, enjoys about the installation, he said Tuesday. If he's early for work, he stops by on his way from the SkyTrain to read a book or check his phone. He always gets a seat.

Ladner suggests the city, which spent $40,000 on the project, survey people like Milord about why they choose to pause or keep walking before deciding on next year's installation.

Architect and UBC assistant professor Matthew Soules, one of the jury members who voted for the project, agreed that this year's installation isn't working as well as it could.

"The times I have gone down, I have been disappointed that it's not being used more than it is," Soules said. "It's proving to not be as socially engaging."

Small tweaks such as removing the railings could make the installation more inviting, he said, although the city has some pretty strict safety rules about platform heights.

Yet Soules doesn't consider the project a failure in the slightest because it took a risk and "expanded the horizon of what was possible" with its height, colours, architecture and sculptural nature.

"It broke the mould of what had become to be expected," Soules said.

"What's really great about doing a temporary installation is that it can take greater risks than something that's permanent," he added. "Next year will learn from this year. It's about taking risks."

> **The times I have gone down, I have been disappointed that it's not being used more than it is. It's proving to not be as socially engaging.**
> Matthew Soules

Corduroy Road. EMILY JACKSON/METRO

Urban Reef. JENNIFER GAUTHIER/METRO

Porch Parade. EMILY JACKSON/METRO

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SPORTS

Olympics recognize ultimate Frisbee

Emily Jackson
Metro | Vancouver

By the time ultimate Frisbee gets into the Summer Olympics — if it ever does — the majority of the athletes on Vancouver's two professional ultimate teams will have finished their careers.

But that doesn't mean they aren't celebrating after the International Olympic Committee recognized ultimate as a sport this weekend, putting it on the list of sports that could eventually be added to the Games.

"We're all very excited," said Chris Cannon, director of communications for the Vancouver Nighthawks.

"It was a long time coming. The World Flying Disc Federation has been working on this for more than a decade."

Morgan Hibbert of the Vancouver Nighthawks battles several Seattle Rainmakers for the disc during a home game on June 6. JEFF BELL/COURTESY OF THE VANCOUVER NIGHTHAWKS

It turns out ultimate isn't just popular on college campuses. More than 7.5 million people play the sport in 90 countries around the world, Cannon said, making it one of the fastest growing team sports. Much like soccer, it's accessible because all it takes is a disc.

IOC recognition rewards the work of locals who have worked hard to build support for ultimate.

> **"The sport always struggles with legitimacy for people who don't play it."**
> Chris Cannon

"The sport always struggles with legitimacy for people who don't play it," Cannon said.

But ultimate doesn't have as much of a brand image problem in Vancouver, which Cannon calls a "hot bed" of the sport. The city is home to both the Nighthawks, who play in the Major League Ultimate and Vancouver Riptide, who play in the American Ultimate Disc League. Canada's only other team is in Toronto.

Nearly all Vancouver high schools have an ultimate Frisbee team, Cannon added. If the sport does make it into the Games in 2024 or 2028, he hopes he'll be coaching them on their way to Olympic gold.

CRIME

Police officer guilty of beating cyclist

A Vancouver police officer has been convicted of assaulting a cyclist during an arrest.

Const. Ismail Bhabha's actions were captured on video that surfaced on the Internet.

Bhabha was placing handcuffs on Kharazi Akhavan when he punched the man in the face.

Akhavan was stopped in March 2013 for allegedly running a red light and not wearing a helmet.

The Office of the Police Complaints Commission ordered West Vancouver police to conduct an investigation.

Bhabha is expected to be sentenced in November, and Vancouver Police spokesman Const. Brian Montague said he will remain in his current position as a patrol officer for now.

THE CANADIAN PRESS

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Tomorrow federal party leaders will hold their first televised national debate in advance of the October 19 election.

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- There are fewer young people working today than in 2006, when the Harper Conservatives took power.
- The Harper Conservatives' plans for health care will result in a $36 billion funding shortfall over 10 years, meaning longer wait times and cuts to services.

Stephen Harper has a lot to answer for.

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Man fulfills dream of seeing ocean before he goes blind

DISEASE

Bittersweet holiday to B.C coast for native of Saskatoon

Thandi Fletcher
Metro | Vancouver

A Saskatoon man's wish to see the ocean before he goes blind was realized Monday when he finally locked his eyes on the blue depths of the Pacific.

Daniel Lundy, who was recently told he will lose his sight completely, travelled to Victoria with his wife Jenn and their three children, Gideon, 9, Jaelle, 7 and Adaya, 4, to fulfill his dream of seeing the ocean for the first, and likely last, time.

"It was incredible," he told Metro on Tuesday, reflecting on the moment he first saw the ocean at the scenic shores of Clover Point. "It was breathtaking. It totally blew me away."

The 34-year-old has retinitis pigmentosa, an inherited eye disease that has caused his vision to gradually worsen over several years. There is no cure.

Lundy's three older brothers also have the disease and are already blind. Although Lundy has tried medication and surgery, nothing has worked to slow the disease's progression, he said. While working as an assistant manager in retail over the past year, Lundy said his vision rapidly deteriorated. After telling him that he could lose his vision at any point, he said his doctor told him he would need to quit his job.

"He said it could be three days or three months," he said.

After that diagnosis, Lundy posted on Facebook about his dream of seeing the ocean. His sister-in-law Jean Lundy was touched and started an online crowdfunding campaign that saw more than $5,000 raised in 25 days to help the family afford the trip to Victoria.

The family drove from Saskatoon, making stops along the way in Drumheller and Lake Louise, where Lundy also saw the Rocky Mountains for the first time.

"For the first few hours driving through, all I could say was, 'Wow,'" he recalled. "It was just overwhelming."

Daniel Lundy, 34, travelled from Saskatoon to Victoria with his family to see the ocean before he goes blind. COURTESY DANIEL LUNDY

> **For me, having a faith background, a lot of words used to describe things that are really powerful and majestic are very commonly the ocean and the mountains. I really wanted that imagery and to have those mental pictures.**
>
> Daniel Lundy

When he finally dipped his toe in the ocean Monday, he said the experience left him breathless — and not just because the water was so cold, he added with a laugh.

"For me, having a faith background, a lot of words used to describe things that are really powerful and majestic are very commonly the ocean and the mountains," he said. "I really wanted that imagery and to have those mental pictures."

When he returns to Saskatoon, Lundy said he hopes to pursue work in counselling or life coaching. He said he loves working with people and finding ways to better the lives of others.

Although Monday's experience was bittersweet, knowing that he will never get to see the ocean again, Lundy said he tried to savour the moment with his family as much as he could.

"That's why it was so important that I could do this with the kids," he said. "To actually see their reactions to everything, and for us as a couple to look at the mountains together and walk through the waves, those are things that you'll always remember."

ABBOTSFORD

Sleeping outside a choice: Lawyer

Homeless in Abbotsford are choosing to sleep outside rather than use available shelter, says a lawyer for the city that is accused of violating charter rights.

People living in tent encampments in several parks in the Fraser Valley community are doing so based on preference, not necessity, James Yardley told a B.C. Supreme Court judge on Tuesday.

"Clearly there's an element of choice, of conscious decision, not to take housing," Yardley told the judge hearing a challenge against the city's bylaws.

In his closing submissions, Yardley said there is no basis for the lawsuit. He called for the case to be dismissed.

> **Clearly there's an element ... of conscious decision.**
>
> Lawyer James Yardley

The civil court challenge claims the City of Abbotsford is criminalizing the homeless with bylaws prohibiting people from setting up camps in public spaces. The challenge was launched by a group called the Drug War Survivors, and the case has been in court since late June.

The advocacy group, assisted by Pivot Legal Society, hopes to establish a right to housing and public space for homeless people throughout Canada.

The case has gained heightened attention over city tactics aimed at moving the homeless along. Police have used pepper spray on some individuals.

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Industry still shocked by Mount Polley: Bennett

MINING

But another pond breach could happen, minister says

The contents of a tailings pond at the Mount Polley mine flows into Quesnel Lake last August. JONATHAN HAYWARD/THE CANADIAN PRESS

British Columbia's mines minister says the mining industry remains horrified a year after a tailings pond collapsed at the Mount Polley mine northeast of Williams Lake.

Bill Bennett said no one thought a crisis on such a scale was possible but that even now he can't guarantee that another breach of a tailings pond won't happen because only some of the risk factors can be eliminated.

"We didn't eliminate enough of the risk and we have to figure out, and we are figuring out, how to eliminate the rest of that risk," he said of the Aug. 4, 2014, accident.

About 24 million cubic metres of waste spilled into area waterways, causing an environmental disaster.

"It totally destroyed the creek that comes out of Polley Lake and flows past the tailings storage facility, past the mine, down into Quesnel Lake," Bennett said.

"You had millions of trees and roots and mud and all kinds of stuff in Quesnel Lake. It looked horrible; it was horrible."

Imperial Metals, which operates the gold and copper mine, has spent about $67 million on cleanup of the region, repair of the damaged bed of Hazeltine Creek and monitoring of water quality in area lakes.

Karina Brino, president of the Mining Association of B.C., said much has been learned since the collapse of the tailings pond.

The industry has been forced to take a close look at all practices surrounding the construction, maintenance and use of tailings ponds, Brino said.

> **It looked horrible; it was horrible.**
> Bill Bennett, mines minister

She said accidents will happen but that investigators remain focused on the root causes of the collapse and that mitigating risk is the industry's biggest challenge.

An independent report determined poor dam design caused the tailings pond to collapse. The provincial government has spent $6 million on the cleanup, and Imperial Metals was granted conditional approval to reopen last month, although it still needs further permits before it can operate fully.

Bennett said water and sediment testing will have to continue for decades.

THE CANADIAN PRESS

'NAKATIONING'

Wreck tops nude beach list

Thandi Fletcher
Metro | Vancouver

Vancouver's Wreck Beach has been uncovered as the best nude beach in Canada, according to Hotels.com.

The world-famous nude beach ranked No. 1 as the best sandy spot to strip down in Canada, ahead of four other clothing-optional beaches across the country, according to the cheeky list compiled by the accommodation booking website.

"Due to its close proximity to UBC … and downtown Vancouver, the beach is easily accessible, making it a snap to find a great hotel like the Fairmont Vancouver Airport to stay at," reads a news release.

The website's travel experts placed Hanlan's Point Beach on Toronto Island in second spot, followed by Oka Park near Montreal, Crystal Crescent Beach in Nova Scotia and Beechgrove in Scarborough, Ont.

The list was compiled to draw attention to the growing travel trend of "nakationing," or naked vacationing.

But according to Hotels.com, most nude beaches aren't lewd at all.

"In fact, these beaches are usually patrolled for rowdy or unsavoury behaviour," the news release reads.

"Because of this, clothing optional beaches tend to be quieter, more peaceful and even family friendly."

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SAANICH

Man faces charges following high-speed chase by police

Matt Kieltyka
Metro | Vancouver

A Saanich man is facing numerous charges after a dangerous car chase in which police allege a driver attempted to ram a police vehicle.

The incident began early Tuesday morning at 2:30, when a Saanich police patrol officer noted a grey vehicle driving dangerously.

As the officer followed the vehicle, it came to a complete stop on Tillicum Road and suddenly sped away.

The officer turned on his emergency lights and gave chase. The chase continued onto Highway 1, when the suspect vehicle again allegedly came to a sudden stop and this time reversed at a high rate of speed toward the police car.

The officer also reversed his car to avoid being hit, and decided to call off the chase out of public safety concerns.

However, police allege the driver of the vehicle then pulled a U-turn and charged the stationary police car in an attempt to hit it.

The officer was able to again avoid a collision, and the suspect drove away.

A few minutes later, police received a 911 call about the same suspect threatening another person on the road.

The chase resumed, and ended shortly with police colliding with the suspect vehicle in an attempt to stop the driver from forcing two civilian cars off the highway.

The suspect was arrested under the Mental Health Act, and faces charges including: dangerous operation of a motor vehicle, assaulting a peace officer with a weapon and initiating a police pursuit.

A stretch of Highway 17 was closed for six hours and police crash analysts investigated the scene.

Prime Minister Stephen Harper picks up chicken wings while grocery shopping with his son, Ben, on Tuesday in Toronto.
PAUL CHIASSON/THE CANADIAN PRESS

PM dangles tax credit

FEDERAL ELECTION

Tories promise home reno tax break when economy allows

Stephen Harper has delivered the first big-budget promise of the Conservative election campaign: a permanent home-renovation tax credit that will cost taxpayers $1.5 billion a year once implemented.

However, Harper says the credit — a more modest version of a temporary credit the government first introduced in 2009 — won't be introduced until economic circumstances permit, perhaps the middle of a Tory mandate.

While the original credit applied to renovation costs of up to $10,000, the ceiling for the permanent credit has been lowered to $5,000.

Speaking at a campaign event in Toronto, Harper said the credit, which would apply to renovation work done on houses, cottages and condominiums owned for personal use, would also help to create jobs in the construction sector and pump billions of dollars back into the Canadian economy.

Some three million Canadians have taken advantage of the opportunity to make renovations in the last six years.

"Young parents renovated rooms as nurseries, empty-nesters converted rooms for other uses, older Canadians made changes to remain independent in their own homes," Harper said.

> **I am staying focused on Canadians.**
> Justin Trudeau, Liberal leader

"The renovation tax credit helps every homeowner, regardless of income. I know Justin Trudeau doesn't think every family deserves help, but we do."

Interestingly, Harper's propensity for referring to Trudeau by his first name only seemed to be a dominant theme on the campaign trail Tuesday.

Asked about it, the prime minister said it's something he does occasionally, but only because that's the way the Liberals have chosen to brand their own leader.

Trudeau himself, who unveiled the Liberal campaign bus at an early rally in Mississauga, Ont., shrugged it off as a distraction from the fact that the Conservatives have allowed the economy to slide into a recession.

"The fact is, I am staying focused on Canadians and what they need," Trudeau said.

The NDP's Tom Mulcair was scheduled to attend an event later Tuesday in Montreal.

THE CANADIAN PRESS

OTTAWA

Man who posed as soldier remorseful

A man who pleaded guilty to wearing a fake soldier's uniform on Remembrance Day must do 50 hours of community service for impersonating a member of the Canadian Armed Forces.

Franck Gervais, 33, made an emotional apology during his sentencing hearing in an Ottawa courtroom on Tuesday.

"I understand and realize that my actions were wrong, misguided and inappropriate," said Gervais. In wearing the uniform, he intended to honour – not insult – the veterans, he said.

> **My actions were wrong, misguided and inappropriate.**
> Franck Gervais

Gerry Wharton, a retired major who served 32 years in the Canadian Armed Forces, said he was initially angry when he heard about the man who wore a fake RCR uniform and medals, including the highly esteemed bravery medal.

But last Saturday, Wharton, who also serves as the honorary dominion president for the Army, Navy and Air Force Veterans in Canada, led Gervais on a tour of the Beechwood Cemetery. There, they stopped and laid poppies on the tombstones of Canadian soldiers.

The veteran told the courtroom he believes Gervais was genuinely remorseful.

"Right from the very beginning, within five minutes, I was very impressed with Mr. Gervais's remorse and appreciation for what we were doing," he later told reporters. The anger quickly turned to forgiveness.

"Actually, to walk with him amongst the headstones, it was an emotional experience for me."

On Nov. 11, 2014, Gervais appeared on CBC TV, wearing a beard and a phoney soldier's uniform.

LUCY SCHOLEY/METRO OTTAWA

IN BRIEF

Cabbie facing charges after passengers rammed

A Montreal cabbie who allegedly hit two people on purpose with his vehicle was arraigned Tuesday on seven charges, including dangerous driving and criminal negligence.

Nick Forlinano-Gauthier, 32, allegedly struck the two men for failing to pay their fare as they got out of the taxi on Monday.

An 18-year-old suffered head injuries, while a 20-year-old was also taken to hospital with less serious wounds.

THE CANADIAN PRESS

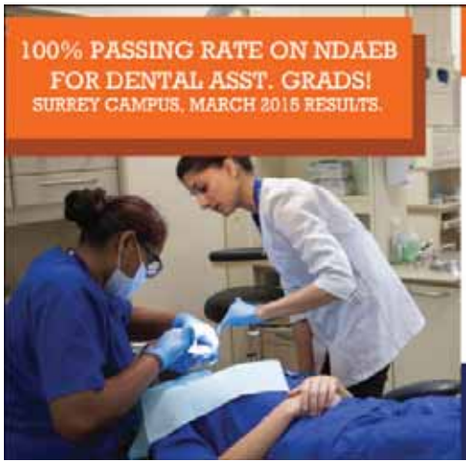
Montreal SPCA seizes exotic birds from store

More than 550 exotic birds have been seized from a pet store and breeding facility, the Montreal SPCA said Tuesday.

The organization said in a statement it decided to remove them under the Criminal Code as they were lacking critical care. Several of the birds seized last Thursday were already dead.

The birds were being kept for sale, many of them having been caught in the wild in other countries and imported into Canada.

THE CANADIAN PRESS



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Two killed, 32 to hospital as storm fells circus tent

INVESTIGATION

Unclear why show went on during weather warning

Fire officials said Tuesday it's not clear why a circus operator in eastern United States proceeded with a show minutes after the National Weather Service put out a severe storm warning.

Strong winds collapsed the circus tent, killing two spectators and sending about 32 others to hospitals.

New Hampshire's fire marshal Bill Degnan said it's the responsibility of the circus operator to monitor the weather.

The show started seven minutes after the storm warning Monday afternoon some 90 miles (145 kilometres) north of the state capital Concord.

The storm blew through with about 100 people inside the tent.

"I see these very large metal poles that are in the ground and go through the top of the tent; I see them starting to come out of the ground and fly up, into the air toward us," witness Heidi Medeiros, attending with her three-year-old son, told a local TV station. She said 10 to 30 seconds later, the pole slammed onto the bleacher where she and her son had been sitting.

The circus operator, Florida-based Walker International Events, did not provide immediate comment.

Walker's president, John Caudill Jr., has a history of transgressions, primarily while operating another company, Walker Brothers Circus, Inc.

A decade ago, Caudill and his associates agreed to pay a $25,000 fine for a series of violations while operating without an Animal Welfare Act license. THE ASSOCIATED PRESS

Investigators inspect the site of a circus tent that collapsed Monday during a show by the Walker Brothers International Circus at the Lancaster Fair grounds in Lancaster, N.H. JIM COLE/THE ASSOCIATED PRESS

SANDRA BLAND

Family sues police

The family of a black woman found dead in a Texas jail three days after a confrontation with a white state police officer filed a wrongful-death lawsuit Tuesday against the officer and other officials, saying it was a last resort after being unable to get enough information about the case.

Sandra Bland, a Chicago-area woman, died by what authorities say was suicide in her Waller County jail cell on July 13. Her family and others previously questioned that, and criticized the trooper who stopped her for failing to signal a lane change.

The lawsuit contends Encinia falsified the assault allegation to take Bland into custody, that Waller County jail personnel failed to keep her safe and free from psychological injury or harm, and that she was placed in a cell "with a variety of inappropriate items for a jail cell, including a large garbage can, garbage bags, exposed beams, cords, and other items." THE ASSOCIATED PRESS

IN BRIEF

Prison inmates fight over drone-dropped drugs

A drone dropped a package of drugs into a prison yard while inmates were outside, sparking a fight, prison officials said.

The package was dropped July 29 at the Mansfield Correctional Institution in Ohio. It contained almost a quarter of an ounce (seven grams) of heroin, over two ounces (57 grams) of marijuana and more than five ounces (140 grams) of tobacco, JoEllen Smith, a spokeswoman for the Department of Rehabilitation and Correction, told the Mansfield News Journal.

THE ASSOCIATED PRESS

Jamaica to hold first gay pride celebrations

Jamaica's LGBT community is holding its first gay pride celebrations on the Caribbean island, which is typically described as the region's most hostile to homosexuality.

Jamaican gay rights activists say the events are a clear sign that tolerance is expanding in Jamaica even though long-standing laws criminalizing gay sex between men remain on the books. THE ASSOCIATED PRESS

CALIFORNIA

Blaze grows despite efforts

As firefighters battled a massive California wildfire threatening numerous homes, some of the 13,000 people urged to flee their residences spent what may be just one of many nights in evacuation shelters.

The blaze grew to more than 260 square kilometres Tuesday as it chewed through drought-withered brush that has not burned in years in the Lower Lake area, about 160 km north of San Francisco.

More than 3,000 firefighters tried to stand their ground against the fire that jumped a highway that had served as a containment line and grew by several square miles despite cooler weather and higher humidity. Its rapid growth caught firefighters off guard and shocked residents.

13,000

The number of people evacuated from the Lower Long Lake area of northern California. THE ASSOCIATED PRESS

Cooler weather Tuesday is helping crews build a buffer between the flames and some of the 6,900 homes it threatens. Despite the fire's growth, no additional homes were consumed outside the two dozen already destroyed.

More than 13,000 people have been forced to evacuate or warned to leave since the blaze ignited Wednesday.

Crews have conducted controlled burns, setting fire to shrubs to rob the blaze of fuel and protect homes in a rural area of grasslands and steep hills. Nearly a week into the fight, fatigue has set in for crews, leading resources from in and out of state to rotate in.

The fire — the largest blaze in California — roughly tripled in size over the weekend, generating its own winds that fanned the flames and reduced thousands of acres of manzanita shrubs and other brush to barren land in hours. THE ASSOCIATED PRESS

Firefighter Bo Santiago lights a backfire as the Rocky Fire burns near Clearlake, Calif., earlier this week. JOSH EDELSON/THE ASSOCIATED PRESS

RELIGION

Mormons publish pic of sacred stone

The Mormon church for the first time is publishing photos of a small sacred stone it believes founder Joseph Smith used to help translate the story that became the basis of the religion.

The pictures of the smooth, brown, egg-sized rock are part of a new book that also contains photos of the first printer's manuscript of the Book of Mormon. Officials with The Church of Jesus Christ of Latter-day Saints unveiled it Tuesday at a news conference in Salt Lake City.

It's the religion's latest step in a push to be more transparent about its history and tenets. The church's effort in recent years to be more open about its past was triggered by the religion's increasing prominence as its membership tripled over the past three decades to 15 million worldwide today. Questions emerged about the burgeoning faith, with some criticizing it for being secretive about its beliefs and practices.

Mormons believe that 185 years ago, Smith found gold plates engraved with writing in ancient Egyptian in upstate New York. They say that God helped him translate the text using the stone and other tools, which became known as the Book of Mormon.

The pictures in the new book show different angles of a stone that is dark brown with lighter brown swirls, the size and shape of an egg. The photos also show a weathered leather pouch where the stone was stored that is believed to be made by one of Joseph Smith's wives, Emma Smith.

The church has always possessed the stone, which was transported across the country during Mormon pioneers' trek from Illinois to Utah in the mid-1800s, but it decided to publish the photos now to allow people who prefer visuals to words to better understand the religion's roots, said Richard Turley, assistant church historian.

The stone will remain in the vault. THE ASSOCIATED PRESS

The sacred stone of Joseph Smith. THE ASSOCIATED PRESS

Low loonie helps retailers

BACK-TO-SCHOOL SHOPPING

Canadians likely to spend more at home: Ernst & Young

The falling loonie is expected to help boost the bottom lines of Canadian retailers heading into the back-to-school season.

There will be an expected four per cent increase in back-to-school spending in Canada this year, according to global professional services firm Ernst & Young.

The lower Canadian dollar likely means consumers will be making their purchases closer to home, said Daniel Baer, Ernst & Young's Canadian retail and consumer products sector leader.

"We do expect fewer dollars to be spent cross-border. And when we say that, (we are referring to) people who physically go cross-border, but also people who shop on U.S. sites," he said in a phone interview from Montreal.

Recent universal child-care benefit payments from the federal government will also likely translate into additional disposable income for consumers to devote to back-to-school spending, said Baer. On the flip side, inflation, higher housing costs and economic uncertainty may curb the appetite among consumers to spend.

British Columbia and Ontario will lead sales, while the Maritimes and Quebec will continue to lag behind the national average, with little growth expected.

Meanwhile, Alberta and Saskatchewan, which are typically leaders in the category, are expected to post back-to-school sales in the red.

Baer said the changes are a "big function" of how the province is performing economically. He pointed to Alberta, which previously saw a retail sales growth higher than the national average due in part to employment levels and oil prices.

"Their economy was growing that much faster because of economic activity, influx of people into the province and a very low unemployment rate," Baer said.

"Since the price of oil has declined, it's certainly had an impact in terms of the disposable income that the Alberta consumer has, but it also has an impact in terms of the economic stability that the Alberta consumer feels."

Canadian retailers may find themselves in a busy back-to-school season as a result of a weakening loonie. THE ASSOCIATED PRESS FILE

> **We do expect fewer dollars to be spent cross-border.**
> Daniel Baer, Ernst & Young

A recent Ernst & Young report on redefining retail loyalty looked at the shopping habits of those born between 1997 and 2000 and found a distinction among this segment of Gen Z compared to older generations.

"Coming out of the 2008 recession, I think most people had been living in an economy that's relatively uncertain," said Baer.

"That's kind of driven their experience so they are quite value-driven. So they look for things like free shipping, they look for special sales and discounts more than a baby boomer that may be more economically secure.

"I think it's just a function of when they've grown up and what they've seen going on around them that has made them more value-conscious in that way."

In their hunt for deals and use of technology to comparison shop, those among the Gen Z cohort are less likely to be devoted to one brand, Baer noted.

"They're also influenced a lot by social media, and then again, that makes them less brand loyal. Because if they are influenced by their friends, what they see on social media, it is a bigger influencer than it would have been for baby boomers and then millennials."

THE CANADIAN PRESS

IN BRIEF

Air Canada, other airlines ban hunting trophies

Air Canada says it will no longer carry big-game hunting trophies from lions, leopards, elephants, rhinoceros and water buffalo after the killing of Cecil the lion. Air Canada joins at least a half dozen other airlines that have banned the transportation of big-game trophies in the past two weeks, including Air France, Delta Air Lines and Qantas. Other airlines, including Emirates, Lufthansa and British Airways, brought in a similar ban in April.

THE CANADIAN PRESS

Second Cup adding more speciality coffee outlets

The Second Cup Ltd. says it's beginning to add more new-format locations to its network of specialty coffee cafés, which continued to lose money during the company's second quarter. It says two new-format locations were added in July and a rollout of the new format will be accelerated. The company says sales of the first new-format location in downtown Toronto have exceeded Second Cup's expectations but system-wide sales declined to $43.7 million.

THE CANADIAN PRESS

market minute

DOLLAR 75.87¢ (-0.58¢)

TSX 14,491.05 (+22.61)

OIL $45.74 US (+57¢)

GOLD $1,090.70 US (+$1.30)

NATURAL GAS: $2.812 US (+6.4¢)
DOW JONES: 17,550.69 (-47.51)

EUROPEAN UNION

Greek bank shares dive further amid crisis

Greece's government conceded Tuesday that dissent within the ruling party was likely to force an early election, while bank shares plummeted again on the stock market, which reopened this week after a long closure.

The government is relying on opposition party support for approval in parliament of new austerity measures demanded by bailout lenders, following a revolt by nearly one fourth of its own lawmakers.

Government spokeswoman Olga Gerovasili said the government would not form a national unity government and described early elections as "likely."

Panagiotis Lafazanis
THE ASSOCIATED PRESS

The political outlook appears tenuous, with Panagiotis Lafazanis, a prominent dissenter and lawmaker of the ruling Syriza party, urging colleagues to join him in voting against the government when the bailout deal is brought to parliament.

"I personally will not vote for a new bailout that will continue to destroy the country and hurt its people," Lafazanis told Real FM radio.

"Syriza lawmakers must fight to the last minute to stop the government signing a third bailout."

Amid the uncertainty, the main stock index lost another 1.2 per cent Tuesday, the second day the market has been open following a five-week shutdown. Most shares traded higher but banks tumbled, once again hitting the 30 per cent lower trading limit.

European markets were unaffected by the Greek market nosedive, however, which Italian Finance Minister Pier Carlo Padoan described as "normal market behaviour in exceptional circumstances."

THE ASSOCIATED PRESS

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2007 NISSAN SENTRA	$6,888	#4707
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metro VIEWS
Your essential daily news
Wednesday, August 5, 2015

metro's election explainer

Why do American campaigns start so early and cost so much?

While Canadians are busy debating the merits of an extra-long federal-election campaign, Republican candidates for U.S. president are literally debating.

On Thursday, 15 months before election night, a field of 10 presidential hopefuls will take the stage in Cleveland. Many Canadians wary of longer federal campaigns have cited the spectre of the U.S.'s interminable and money-flooded electoral process. In that light it's worth taking a closer look.

1. WHY SO LONG?
Unlike Canada, where the prime minister is the leader of the party that wins the most seats in the House of Commons, the U.S. elects its president separately from its legislators, in a vote between the nominees of the Republicans and the Democrats.

The nominees are chosen via a months-long series of state-by-state votes, called primaries, which begin in Iowa in February of the election year and run until party conventions in mid-summer.

Winning the early primaries, and thereby gaining valuable momentum that will attract the affections of deep-pocketed donors, is extremely important to the fortunes of a presidential campaign. So candidates have an incentive to promote themselves and their platforms as early as possible, and television networks therefore have an incentive to carry election coverage, including debates, well in advance of any actual voting. Hence Thursday's debate, which is being presented by Fox News and comes forth months before the first vote of primary season.

2. WHY SO EXPENSIVE?
Among other factors (e.g., an uncommonly large and spread-out electorate, a legal tradition that equates political advertising with free speech) is the fact that elections have, since 1792, been fixed to the Tuesday that falls between the 2nd and 8th of every fourth November.

Because everyone knows when the big vote will take place, campaigns and stakeholders can plan their paid publicity well in advance and raise funds accordingly.

This is what worries many Canadians, now that we have a fixed-election-date law of our own.

The election explainer is dedicated to informing would-be voters without boring them. It will appear regularly in this space throughout the campaign. What would you like explained? Email us at readers@metronews.ca.

Sweet peas: 150-year-old study offers rich reward

THE SCIENCE

Stephanie Orford

This year marks the 150th anniversary of Moravian monk Gregor Mendel's first presentation of his seminal paper on pea-plant genetics, and the effects have been mind-boggling.

Genetics has spurred discoveries across almost every scientific discipline, all cascading from Mendel's discovery of the gene, the basic unit of inheritance.

Cutting-edge genetics research is happening in Canada. Last year, researchers at the Michael Smith Genome Sciences Centre treated a Vancouver woman's late-stage colon cancer through a pilot project to tailor cancer treatments to individual patients.

The woman had enrolled in an experimental program to treat cancer according to its unique genome.

Genomics, the study of an organism's full set of genetic material, has been made more efficient through rapidly evolving technologies for DNA sequencing.

Twelve years ago it cost $2.7 billion to sequence one human genome. Now it costs about $1,000.

By decoding the genetic blueprint of the cancer patient's particular tumour, her doctors identified a protein that was crucial to its growth. They realized that this protein's actions could be stopped by a widely available blood-pressure pill.

The treatment the doctors identified put her cancer into complete remission in five weeks, and it wouldn't have been possible without genomics.

Nor would it be possible, as it now is, to prevent a child with the rare genetic condition called phenylketonuria from developing brain damage, by giving her a diet without one particular amino acid.

It's a crucial tool that will help humanity take on the biggest challenges of the coming decades

The list of tangible, appreciable benefits goes on and on.

Consider:

- Diabetics now pay less for better maintenance of their condition thanks to higher-quality insulin produced with genetically engineered bacteria.
- The Canadian canola industry has reduced its carbon emissions by one million tonnes per year since the '90s when it started planting canola crops genetically modified to tolerate herbicides.
- At the end of July, the Strategic Salmon Health Initiative — which does research assessing the health of the wild and farmed salmon we fish, sell and eat — began the implementation phase for a new technology that assesses the microbes on wild and farmed salmon. The research will ultimately help us breed farmed salmon more sustainably, with genes that make them more resistant to viruses and bacteria, and less likely to spread them to the wild population.

None of these phenomena would be possible without genetics, and the applications are endless.

Genetics research today isn't just about pea plants or the colour of your eyes. It's a crucial tool that will help humanity take on the biggest challenges of the coming decades.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

Media already bored by just-announced election campaign

At work yesterday morning, my colleagues were fretting.

Our 11-week election campaign (78 days, moaned the anal-retentive National Post) is being greeted with pre-emptive exhaustion, they said, and all the buzz of a slowly deflating balloon.

"The media already seemed bored with the whole thing," said J. "Two papers had the headlines 'And they're off.' It just sounded like jogging or something... but this is really monumental!"

"I'm more interested in Hillary Clinton than any of our people. Why is that? That's terrible!" he added.

L. blamed the media. "Hillary Clinton is more of a celebrity."

"I think people are just fascinated with American politics," A. mused.

"Well, they make a spectacle of it," I said.

"A long campaign means it's less democratic. It's more expensive to do it and thus accessible to fewer people," L. fumed. "That's a problem. That's a democratic problem." (Stephen Harper has a hefty war-chest advantage).

"I've been hearing about the Pan Am games since November, hot and heavy all the time, but an 11-week election that actually matters — and we're torn up!" A. exclaimed.

There are benefits, she said. Namely, gaffes. "In an 11-week campaign trail there are so many extra days for people to show who they are, accidentally, for Justin Trudeau to drop that baby he's juggling."

"I think we as the media should be trying to add more high drama to our politics," suggested J.

"We don't really tell the human stories," I agreed, a recent profile of "Vegas girl" NDP MP Ruth Ellen Brasseau notwithstanding.

"'I find your conversation funny, like, 'Oh, democracy — we need to focus less on policy, more on faces!'" L. snarked.

"No. Policy too," J. countered. "There's lot of big, long serious articles in the States."

"You can't have policy without the people who are advocating for it," I added.

U.S. politics has built-in drama, J. argued. "A whole bunch of people vying for the top spot on both sides, and finally just down to two, mano a mano."

"You can't do that in a parliamentary system, and parliamentary systems are actually really good because you can have minority governments," L. pointed out.

"So, OK, that piece we can't do anything about, but there's lots of other things we can do," J. said, hopefully.

The chatter came to an unresolved close. They had a paper to put out, filled with high-drama election coverage — for another 76 days.

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Blake Lively, Bruce Willis and Kristen Stewart to star in Woody Allen's next film

A novel nod to comfort food

FOOD FICTION

Debut author pays tribute to homey meals of his childhood

Melissa Dunne
For Metro

You are what you eat. This old maxim has perhaps never been as true as it is today. Starting first thing in the morning, every food and drink choice you make has become shorthand for who you are at your very core. No pressure. But, are you the type of person who grabs a double-double from the Tim Hortons drive-thru or are you the type to ride your bicycle over to the local indie café for an almond-milk latte?

Whether you live in a smaller city like Winnipeg or Halifax or a big city like Vancouver or Toronto, many Canadians now endlessly obsess over making the right food and drink choices that will ultimately communicate to everyone who follows them on Instagram: I know what food is hip and cool and current, and therefore I am hip and cool and current.

Partly in reaction to the somewhat ridiculous hipsterfication of North American food culture, J. Ryan Stradal chose to focus his debut novel, Kitchens of the Great Midwest (Penguin Random House, $28, out now) on the decidedly unhip food from his childhood growing up in a small town in southern Minnesota.

Food made from scratch is at the heart of the novel Kitchens of the Great Midwest. CONTRIBUTED

"I tried to capture the people I grew up with that I don't see represented very often," said Stradal, 39, by phone from his home in the hipster haven known as Silver Lake, Calif.

The people he grew up with, like his grandmother, could out-hipster any young hipster today, says Stradal. They cared about, and knew, where their food came from and, get this, they cooked much of it themselves from scratch.

"Their interest in food rivalled that of the hipsters, but without the affectation," Stradal notes.

His novel about a trendy and mysterious chef named Eva Thorvald is interspersed with recipes that highlight food made with real affection, not a practised affectation. It features what is now dubbed comfort food, such as five-ingredient peanut butter bars (see recipe at right), made by people who would simply call food "food."

That's not to say Stradal thinks making classic Midwestern recipes handed down from generation to generation is, in the parlance of our times, more 'authentic' than, say, ordering organic chicken at your local gastropub.

After all, he's a Midwestern transplant who both loves the food he grew up with, and is now personal friends with celebrity chefs and lives in what Forbes once dubbed 'America's Hippest Hipster Neighborhood.'

In his life and in his book, he makes the argument there is room at the table for everything.

Their interest in food rivalled that of the hipsters, but without the affectation

Ryan Stradal on the people of his Minnesota roots who inspired his novel

RECIPE

Pat Prager's Peanut Butter Bars

Ingredients:
- 2 1/2 cups crushed graham cracker crumbs
- 1 cup melted Grade A butter
- 1 cup peanut butter
- 2 1/2 cups powdered sugar
- 1 cup milk chocolate chips with 1 teaspoon Grade A butter

Directions:
1. Mix together the graham cracker crumbs, melted butter, peanut butter and sugar.
2. Pat into a greased 9 by 13 inch pan.
3. Melt the chips and butter and spread them on top of the bars.
4. Set in the refrigerator until firm.
5. Cut into bars.

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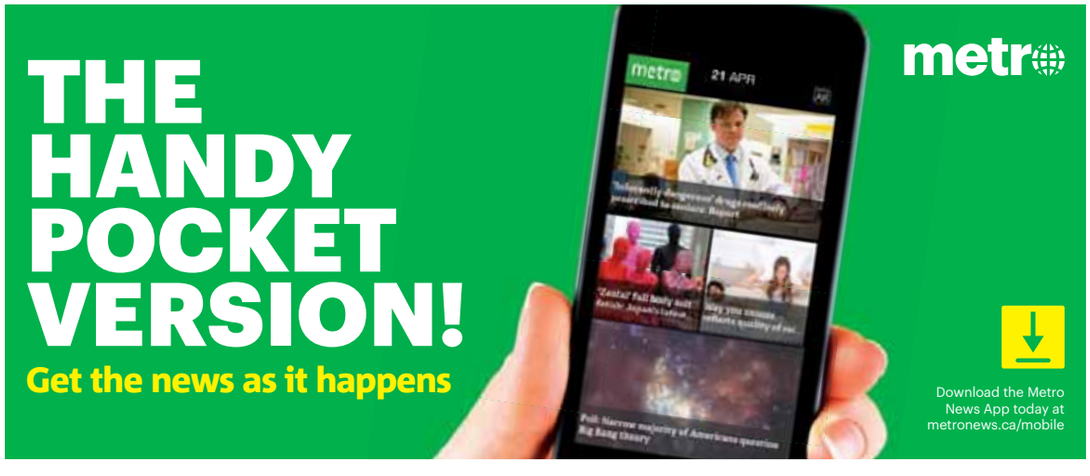
It's fine to pay $5 plus for an almond-milk latte made by a moody barista who dons a fedora and is writing a screenplay on the side, if that's your bag. Just make sure you also leave room for a few home-made peanut butter bars every now and then.

You are what you eat and drink, but you are, at your core, also what you have eaten and drunk, what you cook and what you have had cooked for you.



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3 JON STEWART'S 3 MOST MEMORABLE CANADIAN DIGS

After more than 16 years of side-splitting news mockery, Jon Stewart will host his last episode of The Daily Show Thursday night. Scattered among wise cracks about right-wing Fox News and some stellar interviews, Stewart occasionally ribbed us Canadians, too. Here are three of his most memorable Canadian digs. BRIAN GASPAREKO FOR METRO

GETTY IMAGES

Gold medal hockey rant

After both the Canadian men's and women's hockey teams defeated their U.S. counterparts for gold at the 2010 Winter Olympics in Vancouver, Jon Stewart gave a hilariously insincere congratulations to our nation. "They truly are good ... at hockey. You truly are the kings and queens of the ice."

Then he warned, "The one caveat that I would like to mention is that spring is coming. And then the thaw! Then you're back on terra firma! And when the ice is gone, good luck at beating us at ...roller hockey, or whatever the heck you do then."

THE DAILY SHOW
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comedy

An extra special message just for geo-blocked Canadian viewers

Canadians love Jon Stewart and always want to watch blogged-about Daily Show clips online immediately. But they're always geo-blocked.

After several complaints, Stewart and the Daily Show crew added an extra special geo-blocking message to Canadians to guide them in the right direction. It read: "Sorry, but this video is unavailable from your location. In case you can't give up your free healthcare and move to America, you can watch The Daily Show With Jon Stewart on TheComedyNetwork.ca." Classic.

Roasting Rob Ford

By far the most fun Jon Stewart ever had ribbing Canada revolved around our country's most notorious mayor, Rob Ford. Listening to Stewart's epic water spitting retelling of the former Toronto mayor's misadventures with crack, misogyny and the media in 2013 and 2014 were the best.

Perhaps his best Ford piece was his early 2014 '2 Broken Guys' rant where he paired "Sir Smokes A Lot Of Crack" with an extra-insufferable Justin Bieber to ask his audience "What the f***'s going on in Canada?" We still don't know. We're gonna miss you up here, too, Jon!

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CHEAP EATS

Healthy eating and drinking is cheaper than you think

In her book Good and Cheap: Eat Well On $4/Day Leanne Brown, a graduate of New York University's masters program in food studies and policy proves anyone can afford to eat healthy food.

The book features grocery shopping tips, pantry must-haves and a guide to reusing leftovers. Check out three of Brown's tips.

Skip sugary drinks

You already know soft drinks are straight-up bad for you, but even fruit juices contain a ton of sugar without the benefits of fibre from the whole fruit. As Brown writes, "Except for milk, most packaged drinks are overpriced and deliver a lot of sugar without filling you up the way a piece of fruit or bowl of yogurt would."

Even fruit juices usually contain a lot of sugar. ISTOCK

So nix the drinks and stick with water. Mix it up by throwing in some chopped fruit, making a smoothie, or drinking tea.

Ask what's in season

If you buy fruits and vegetables out of season, you're usually paying more money for lower quality produce, Brown says.

Instead, stick to buying produce in season, and look for canned or frozen items when out of season. Brown suggests looking for deals on quality zucchini near the end of summer, and stocking up on oranges in December and January.

Buy in bulk

When shopping for foods you eat regularly, or ingredients you'll be able to use in multiple meals, buy in bulk whenever possible, Brown says. "Buying larger amounts of one item can usually bring down the price per unit.

RACHEL KASHDAN/METRO IN NEW YORK

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From left, Steven Sabados, Theresa Albert and Chris Hyndman. CONTRIBUTED

TV co-host Chris Hyndman dies

OBITUARY

CBC design personality remembered as 'full of life'

Design personality Chris Hyndman, an accidental TV star best known for his on-screen and off-screen partnership with fellow decorator and husband Steven Sabados, has died.

CBC announced the news Tuesday and took the duo's daily lifestyle series Steven and Chris off the air out of respect for Hyndman's friends and family. Hyndman was 49.

His sudden passing drew condolences from famous colleagues across the industry, including good friend Jeanne Beker who called Hyndman one of her closest friends.

"When my marriage broke up in 1998, Chris scraped me off the floor," an emotional Beker recounted by phone from New York. "I was so extremely depressed, and he would come over to my house every night after the gym in his little baseball cap and a pizza under his arm and we'd sit there and he'd tell me how I had to go on living for my kids, for my girls who were just eight and 10 at the time. And he was just like my best friend, my closest confidant, certainly my closest guy friend."

CBC reported that Hyndman was found without vital signs late Monday in an alleyway just east of Toronto's downtown core.

A Toronto Police spokeswoman would not confirm the report, citing privacy concerns and the fact there was no ongoing criminal investigation.

Fellow design couple Colin McAllister and Justin Ryan said in an email to The Canadian Press that they were "beyond saddened" and could "hardly comprehend the news."

"Canada, and the design fraternity, has lost an integral part of its community," the Scottish decorators stated.

Designer Sarah Richardson added by email: "I knew him as charming, charismatic and full of life. I'm so sorry for Steven's loss."

Along with Sabados, Hyndman brought everyday style to Canadians in a number of series, including their HGTV shows Designer Guys and Design Rivals and the makeover program So Chic with Steven and Chris on Slice. The duo played up an odd couple persona that proved to be a winning formula — Hyndman as the joker, with the more straitlaced Sabados providing a more pragmatic eye.

Designer Guys' creator and executive producer Mary Darling recalled Hyndman was initially shy to take the spotlight. When Sabados auditioned for the show, Hyndman hung back.

"Chris was just there as Steven's business partner, he didn't come to audition for the show and throughout the day we asked, 'Would you audition? We think you'd be great,'" said Darling, reached Tuesday in Fairbanks, Alaska. "He was so nervous that he wouldn't do it until everybody else left.... And thank goodness Steven had other clothes because he was so nervous he went through the shirts. But he was good, he was just naturally good." THE CANADIAN PRESS

REMEMBERING A FRIEND, COLLEAGUE

Metro's food columnist Theresa Albert, who was a regular guest on Steven and Chris for five years, shares her fond memories of Chris Hyndman.

Chris had that special way of making you feel like the only person in the room.

I remember arriving at CBC for the show and having him beam his brilliant smile and say, "Hey, gorgeous!"

Chris always set the tone of the show from the minute of arrival as a cheery place to be. I could always count on him for comic relief when things were show-biz intense.

Once, when Steven and I were trying to meticulously cook and get important news on sodium conveyed, Chris — who could be counted on for hijinks, or a silly quip — dropped his spoon, pretended to cut himself and cunningly ate some potato chips on my "Do NOT eat" side of the table. He would do anything just to get my goat and guffaw.

A spoonful of Chris's goofy sugar was sure to help my medicine go down.

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metro DRIVE

Your essential daily news

Jeremy Clarkson reuniting with Top Gear team for new Amazon Prime show

GLA 250 built for bumpy roads

ROAD TESTED

REVIEW

Higher ground clearance, AWD are pluses, but interior could be better

Jil McIntosh
For Metro

Mercedes-Benz made its name in North America by selling large luxury cars, but in recent years, the company and its premium-brand rivals have been introducing the smaller and lower-priced models that have been a mainstay in Europe for years. For 2015, it adds an all-new compact crossover, the GLA.

The GLA shares its platform and much of its interior design with the CLA-Class four-door sedan, and is available as my tester, the GLA 250, starting at $37,200. You can also get the sportier and more powerful GLA 45 AMG, beginning at $50,500. Both use 4Matic all-wheel drive, but unlike on most Benz products, it runs primarily in front-wheel drive, sending up to 50 per cent of power to the rear wheels only when it determines that they're slipping.

The GLA 250 uses a turbocharged 2.0-litre four-cylinder engine with seven-speed automatic transmission. It's peppy enough right off the line, but the transmission isn't always smooth. It also shifts into the highest gears as soon as possible for fuel economy, and the GLA can feel a little wrung-out after that initial burst. However, you can use the wheel-mounted paddle shifters for more transmission control.

The ride is very firm, bordering on harsh, but on the plus side, the GLA's all-wheel drive and higher ground clearance actually work very well on rougher roads such as cottage trails.

This is a compact vehicle and so the interior's a bit tight, but the seats are very supportive, and the rear seats fold down to increase the cargo capacity. My tester had several option packages on it, which added such things as automatic climate control, navigation, rearview camera, blind spot monitor, and power liftgate, bringing it to $45,175. That also included some handsome optional aluminum trim, but the GLA's cabin includes a lot of hard, plain plastic, and the interior overall didn't quite look as upscale as the price.

> **"It's peppy enough right off the line, but the transmission isn't always smooth.**

Buyers can also consider Mercedes-Benz's B-Class hatchback, which isn't quite as sporty-looking, but comes with the same engine and starts at $31,300 in front-wheel, or $33,500 in all-wheel drive.

THE CHECKLIST | 2015 MERCEDES-BENZ GLA 250

THE BASICS

Type. Four-door, five-passenger compact hatchback
Engines (hp). 2.0-litre turbo four-cylinder (208)
Transmission. 7-speed dual-clutch automatic
Price. Base $37,200, as-tested $45,175 (plus destination)

COOL FEATURES

- Automatic engine idle shut-off
- Off-road downhill speed regulation
- Heated windshield washers
- Rain-sensing wipers
- 12-way power-adjustable front seats
- Automatic brake hold
- Available panoramic sunroof
- Available bi-xenon headlamps

JILL MCINTOSH/FOR METRO

POINTS

- The GLA's transmission uses two internal clutches, rather than a torque converter, for faster shifts and better fuel efficiency.
- The optional rearview camera hides under a cover when not needed, providing a clear picture in rain or snow.
- The tablet-style infotainment screen is on top of the dash to keep the user's eyes up and toward the road.

MARKET POSITION

Several premium-brand automakers are offering lower-priced and entry-level vehicles, appealing both to new customers who haven't been able to move into the higher-priced offerings, or existing ones adding a second car alongside a higher-level one.

THE COMPETITION

BMW X1
Base price: $36,990

Audi A3 Sportback TDI
Base price: $36,600

Infiniti QX50
Base price: $34,950

COMBUSTION

Small Audi engine with a big punch

Audi has developed a new 2.0-litre engine with a revised combustion cycle for its new A4 compact sedan, claiming it to be the most efficient engine in the class thanks to a "'rightsizing' approach."

With a shorter intake time and high compression, the turbocharged four-cylinder produces 190 horsepower and 236 pound feet of torque while delivering a claimed 4.9 l/100 km.

WHEELBASE MEDIA

RENEWABLE ENERGY

G7 leaders commit to end fossil-fuel use, eventually

The leaders of the G7 countries, which include the United States and Canada, say they will use their collective influence to try to end global fossil-fuel consumption by the end of this century.

Their intent, they say, is to cut usage by 40-70 per cent from 2010 levels by 2050, with the remaining consumption to end completely by 2100.

The leaders' declaration called for an end to fossil-fuel subsidies and investments to encourage the use of renewable energy in developing countries.

$5.3T

The International Monetary Fund, also a part of the G7, states such subsidies are costing world governments $5.3 trillion US per year when costs related to climate change are included.

End of an era: Mike sells the Jag

VINTAGE RIDE

'My' E-type moves on to next custodian

AUTO PILOT
Mike Goetz

A 1967 Jaguar E-type Coupe heads back to England, after a 48-year stay in North America, 25 of them with a Metro Drive contributor. Since its introduction in 1961, the Jaguar E-type has been heralded as an iconic automotive design. MIKE GOETZ/FOR METRO; INSET: COURTESY JAGUAR

Just sold a vintage Jaguar sports car I've owned since 1990.

I guess I'm in an adjustment period at the moment. Will probably survive.

This Jaguar is a two-seater E-type Coupe, built in June of 1967, with a dark blue exterior, and a light blue leather interior. It has wire wheels and a thin-rimmed wooden steering wheel. As all E-types of that era, it is powered by Jaguar's lusty 4.2-litre DOHC straight six-cylinder engine.

More than one person has noticed that this original incarnation of the E-type, in both convertible and coupe form, is a very pretty car. Enzo Ferrari famously called it "the most beautiful car ever made."

I acquired the car from a youngish couple that lived on a farm near Guelph, Ont. They purchased the vehicle from a used car dealer in Kitchener-Waterloo in 1982.

Jaguar Cars Ltd. can send you an official document outlining the original specifications of your vintage Jaguar and its first owner. That is how I know the first owner of this vehicle to be a certain Manfred Dee Koch, Jr. of Grove City, Pa. I assume he had the car for at least three years, so only the ownership span, say, between 1970 and 1982 is unknown, or at least unknown to me.

My tenure with the car — in précis:

Took out a three-year car loan to purchase the car and vowed not to spend too much money on it until it was paid for.

Drove it, loved it, maintained a file on things I would like to fix and/or modify … at some future point.

As soon as it was paid for, got married, had kids, and moved into a house with a rather large mortgage and *no* garage. When it came out of indoor storage for the winter, it was parked in a mutual driveway, where I had a good view of it from the porch.

Fretted about rain; my neighbour began calling me by the name of a well-known local TV weatherman, because he knew as soon as I got my tarps and bungee cords out to bundle it up, rain was surely on its way.

Took lots of people, including many kids, for drives.

During the last few years it was evident a complete restoration was in order and that I was not the man for the job; I don't have the resources and talent to do it myself, and am not prepared to pay the going rate to have it done professionally ($100,000-plus).

So I sold the Jaguar to a great guy in England who wants to restore the car by his own hands, or as much of it as he can.

Because the brakes were not working too well at the moment, I had it towed to Interspan, the company that my buyer hired to ship the car to England. My last drive in "my" E-type was around the Interspan parking lot, and up the ramp into the warehouse.

After that was done, I asked them to take one final picture of me with the car. Then the owner of Interspan, Jim Robinson, and I shook hands and he walked me out. I turned back to watch him pull the big garage door down, to close up the warehouse. I took a picture of the closed door.

WORK OF ART

The E-type is only one of three automobiles in the permanent design collection of The Museum of Modern Art in New York.

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metro SPORTS
Your essential daily news

Floyd Mayweather Jr. says his final career fight will be against Andre Berto on Sept. 12

Caps, Sounders renew rivalry

CONCACAF

Vancouver to play its first Champions League match

Cam Tucker
Metro | Vancouver

The focus of the latest controversy between the Vancouver Whitecaps and Seattle Sounders FC has nothing to do with a vicious or dirty challenge, but apparently a photograph.

Yes, the next chapter in this storied rivalry sees the Sounders upset over a Whitecaps victory celebration at CenturyLink Field in Seattle on Saturday that included the Caps taking a team photo, capturing the moment immediately following one of their most convincing wins of the season.

The rematch never needed the added spice, but it's got that now. And neither side had to wait very long to get back at each other.

The Whitecaps will host the Sounders in Vancouver's first-ever CONCACAF Champions League match. It goes Wednesday at BC Place Stadium.

While it's not an MLS regular-season competition, the Whitecaps enter this match on a high, having worked their way to the top of the Western Conference standings. On the other hand, the Sounders have lost eight of their last nine games and have been shut out in four straight.

"It's a massive moment. It's a fantastic competition that we get to play in tomorrow, one that we've never been in," said head coach Carl Robinson prior to training on Tuesday.

"We take it seriously. I'll make one or two changes, without a doubt, but we'll go out to win the game."

Robinson wasn't about to tip his hand too much when it came to his lineup, but he does have options in a number of different areas up and down his roster if he feels he needs to give some of his more frequent MLS starters a rest following an emotional performance in Seattle over the weekend.

"It's based upon who I think have got the energy levels," said Robinson, referring to Vancouver's busy schedule, which includes eight games this month.

When it came to the now infamous photo that got the Sounders riled up, Robinson said the Whitecaps organization would never do anything to disrespect Seattle.

"I heard things said afterwards and written afterwards — it's a game of football," he said.

"Whoever performs on the day ... comes out on top."

The Sounders' Clint Dempsey falls after colliding with Matias Laba of the Whitecaps on Saturday in Seattle. DEAN RUTZ/THE SEATTLE TIMES/THE ASSOCIATED PRESS

> **"We take it seriously. I'll make one or two changes, without a doubt, but we'll go out to win the game."**
> Carl Robinson

Jared McCann posted 81 points in 56 games last season for the Sault Ste. Marie Greyhounds in the OHL. TERRY WILSON/OHL IMAGES

CANUCKS

Prospect McCann rocked by high hit

Vancouver Canucks prospect Jared McCann will be held out of Canada's lineup for the remainder of the World Junior Showcase in Calgary, after being on the receiving end of a high, hard, open-ice hit during Monday's game against Russia.

McCann, selected in the first round, 24th overall, of the 2014 NHL draft, had just accepted a pass up the ice when he took the hit from Russian defenceman Nikita Zhuldikov in the neutral zone. The hit occurred less than a minute into the second period, and Zhuldikov was assessed a minor penalty for contact to the head, and a 10-minute misconduct.

McCann remained on the ice for a few seconds, but got up and skated slowly to the bench.

Dave Lowry, Canada's head coach, told TSN 1040 radio on Tuesday morning that McCann will be held out of the lineup for the remainder of the tournament for "precautionary reasons."

"We understand the time of the year and you're better to err on the side of caution," said Lowry.

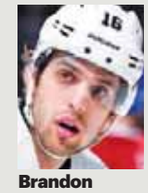
"I don't think at this stage of the season, there's any point in rushing anybody back if there's any possibilities with injuries."

The tournament continued Tuesday, with Canada facing the Czech Republic. CAM TUCKER/METRO

SIGNING

Sutter inked to extension

Vancouver Canucks general manager Jim Benning had hoped immediately after acquiring Brandon Sutter in a trade from Pittsburgh to get the 26-year-old centre signed to a new contract extension.



Brandon Sutter GETTY IMAGES

On Tuesday, the deal was finalized, with the Canucks signing Sutter to a five-year extension worth an average annual value of $4.375 million through to the 2020-21 season.

Sutter scored 21 goals last season for the Penguins. The Canucks acquired Sutter on July 28, sending centre Nick Bonino, prospect defenceman Adam Clendening and a second-round pick to Pittsburgh.

Sutter is entering the final year of his current contract, worth an annual average value of $3.3 million. This new deal is a significant raise for Sutter, whom Benning last week described as a "foundation piece" for the Canucks but who has never registered more than 40 points in a regular season.

It still remains to be seen exactly what Sutter's role will be among the team's forwards, after he was used primarily as a third-line centre in Pittsburgh. CAM TUCKER/METRO

Donaldson, Tulowitzki homer as Jays beat Twins

MLB

Kindred spirits help Toronto in its chase for wild-card spot

Troy Tulowitzki has found a kindred spirit in Toronto. Tulowitzki and Josh Donaldson both hit home runs early in the Blue Jays' 3-1 win over the Minnesota Twins on Tuesday as Toronto added to its lead in the American League wild-card race.

The newly acquired Blue Jays shortstop thinks that he and Donaldson are alike on the field, even if they have different temperaments in the clubhouse.

"He's outgoing, outspoken at times, he has a lot of fun. Not that I don't, but I'm more of the serious guy," said Tulowitzki. "But on the field there's some similarities. Guys that compete. Guys that grind out at-bats. Guys that probably put winning first and guys that hopefully make a difference when they're on a team."

Tulowitzki was acquired in a trade with the Colorado Rockies on July 28, along with reliever LaTroy Hawkins, for shortstop Jose Reyes, reliever Miguel Castro and minor-league pitchers Jeff Hoffman and Jesus Tinoco.

He's hit two home runs since coming to Toronto and is feeling more comfortable, thanks in part to Donaldson's influence.

"It's been about a week here and Josh is definitely fun to be around, someone that I've admired from the other side," said Tulowitzki. "Getting a chance to play with him, it's special and hopefully it's for a long time."

Marco Estrada (9-6) struck out five over 6-2/3 innings, giving up two hits and a run for Toronto (56-52). The Blue Jays have won three straight and hold the AL's second wild-card spot.

"I think we feel pretty good with the new guys that we've brought in," said Estrada. "It's just an exciting time right now. As long as we win and keep this going that's all that matters."

Mark Lowe and Aaron Sanchez combined for an inning and a half of scoreless relief. Roberto Osuna earned his eighth save of the season.

Sanchez and Blue Jays manager John Gibbons were suspended by Major League Baseball on Tuesday afternoon for their roles in a bench-clearing altercation against the Kansas City Royals on Sunday.

Sanchez was suspended for three games and fined for his role in the incident, but he appealed the decision allowing him to stay on Toronto's active roster. Gibbons served his one-game suspension Tuesday night, with bench coach DeMarlo Hale managing the game in his absence.

Phil Hughes (10-7) allowed five hits and three runs in the start for Minnesota (54-52), which has dropped three straight to give up the second AL wild-card spot to Toronto.

Hughes said after the loss that the early home runs by Donaldson and Tulowitzki "kind of took me off my game a little bit."

Ryan O'Rourke, Casey Fien and Kevin Jepsen came out of the bullpen for the Twins.

Donaldson got Toronto on the board early, hitting his 28th home run of the season to deep left field in just the second at-bat of the game. He has homered in five of his last nine games.

Tulowitzki gave the Blue Jays a 2-0 lead with a solo shot over the left-field wall in the third inning. Torii Hunter cut Toronto's lead to 2-1 in the fourth, when Estrada loaded the bases and a Hunter sacrifice fly to deep right brought in Brian Dozier. Estrada got out of the jam in the next at-bat, striking out Eddie Rosario.

The Blue Jays almost added to their lead in the bottom of the fourth. Kevin Pillar grounded out to third base with two out, but Trevor Plouffe's throw was slightly off the mark, forcing first baseman Joe Mauer off the bag. Umpire Tom Woodring ruled that Mauer still tagged Pillar on the play. If Pillar had been safe, Edwin Encarnacion would've easily scored from third.

Encarnacion did score in the sixth inning when Dioner Navarro drove him in with a soft double to left-centre field. That RBI gave Toronto a 3-1 lead and ended Hughes's night. THE CANADIAN PRESS

Edwin Encarnacion slides into second with a double as Brian Dozier loses the handle on the ball as the Toronto Blue Jays play the Minnesota Twins. STEVE RUSSELL/TORSTAR NEWS SERVICE

TUESDAY In Toronto

BLUE JAYS	TWINS
3	1

> "It's been about a week here and Josh is definitely fun to be around, someone that I've admired from the other side."
>
> Troy Tulowitzki on Josh Donaldson

PREMIER LEAGUE PREVIEW

Chelsea repeat dependent on Costa's fitness, Falcao's form

Chelsea regained the Premier League trophy with such ease that Jose Mourinho felt his team's achievement did not get the recognition it deserved.

But as rival fans directed "boring" chants at Chelsea last season, their own teams were doing little to inject excitement in the pursuit of the title. From the first weekend of the season, Chelsea was on top and stayed there until collecting the trophy.

Surely it cannot be as straightforward again? That is likely to depend on how long striker Diego Costa stays injury-free and whether newcomer Radamel Falcao is more prolific in front of goal than during his insipid season at Manchester United.

"Very good player," is captain John Terry's assessment of Falcao. "Playing against him last season was excellent. His movement, his strength, his finishing's been different class."

While determined to win back-to-back league titles with Chelsea, Mourinho really craves a first European Cup for west London.

Chelsea's Champions League campaign ended last season before the quarter-finals, delaying Mourinho's bid to become the first manager to win European football's top prize with three different clubs after successes with Porto and Inter Milan. Chelsea kicks off its title defence on Saturday against Swansea. THE ASSOCIATED PRESS

Once-prolific striker Radamel Falcao joined Chelsea on loan from Monaco after a dismal spell with Man. United GETTY IMAGES

IN BRIEF

World Rowing to seek viral tests for Rio water

The head of the governing body of world rowing said Tuesday he will ask for viral testing at the rowing venue for next year's Rio Olympics, and he expects all other water sports in Rio to follow suit.

The move comes after an Associated Press investigation last week showed a serious health risk to about 1,400 Olympic athletes who will compete at water venues around Rio that are rife with human waste and sewage. Following the study, the World Health Organization advised the International Olympic Committee to analyze viral levels in Rio waters.

"Together with the WHO and the IOC, we're going to follow what they say," Matt Smith, CEO of World Rowing, told AP. "We will ask that viral testing is done. If there is a problem, we will react. It's our moral duty." THE ASSOCIATED PRESS

Doping allegations a 'declaration of war' against track and field: Coe

Describing the latest doping allegations levelled against track and field as a "declaration of war," Sebastian Coe rushed to the defence of the IAAF's drug-testing system Tuesday and said it was time to "come out fighting" to protect the reputation of the sport.

In an exclusive interview with The Associated Press, Coe gave his first extensive comments following reports by German and British media outlets alleging that the IAAF had failed to act on suspicious blood tests involving hundreds of athletes over a 10-year period.

"This, for me, is a fairly seminal moment," said Coe, an IAAF vice-president. "There is nothing in our history of competence and integrity in drug-testing that warrants this kind of attack. We should not be cowering. We should come out fighting." THE ASSOCIATED PRESS

Sebastian Coe GETTY IMAGES

Kent as passionate as ever

PARAPAN 2015

Reigning table tennis champ, 54, still has things to prove

Ian Kent's specialty is singles table tennis but he faces two opponents every time he plays.

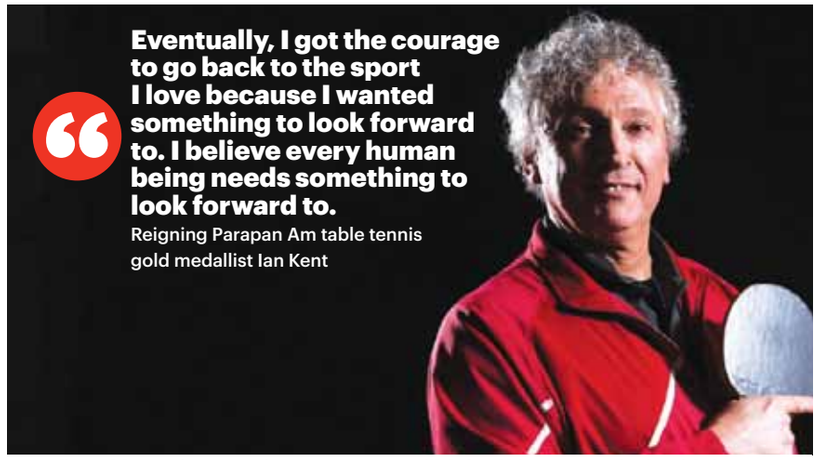
There's the one across the table that everyone can see, and the one that no one can see but Kent can feel.

That opponent — a movement disorder called dystonia — tells his body "in a very, very strong way" to do a back flip.

"That," he added wryly, "is not conducive to good table tennis."

And Kent has always been about good table tennis.

He has been competitive from the moment he and his older brother started playing in the basement as kids in the 1970s through to more recent years when, despite his disability, he continued to beat everyone in Nova Scotia, including his adult sons, in able-bodied table tennis.


Eventually, I got the courage to go back to the sport I love because I wanted something to look forward to. I believe every human being needs something to look forward to.
Reigning Parapan Am table tennis gold medallist Ian Kent

Canadian table tennis competitor Ian Kent, 54, will defend his Parapan singles title in Toronto.
STEVE RUSSELL/TORSTAR NEWS SERVICE

That's quite the athletic feat for a man in his 50s who uses a motorized scooter to get around.

Kent was a top Canadian junior player but he didn't quite make the grade for the senior team. Rather than leave the highest level of the sport, he threw himself into another aspect of the game: coaching.

He was the national team coach for seven years, starting in 1986, and he continued to play and win at the provincial level. He would go on to teach his three sons to play the game.

In short, table tennis was his life. Then, on Aug. 17, 1999, he woke up confused, with a twisted and contorted body.

"Two years later I got out of bed, once I was properly diagnosed and medicated, and learned to walk again," he said.

Dystonia is in the same family as Parkinson's disease and it affects each person differently. For Kent, when he stands up, it causes the muscles in his lower back to contract. The more he fights it, the more they contract, pulling his upper body backward.

Given how much of his life had been dedicated to table tennis already, it seems inevitable that Kent would take up the para version of his sport. But the transition wasn't automatic, or easy, for him.

"It was really my ego that got in the way. I didn't want to go back until I could really play," he recalled. At that point, he had been the provincial champ for two decades and he didn't like the idea of losing.

He had to find the courage to play again, no matter the outcome. "To put myself out there as vulnerable as I was, realizing I was going to lose to most everyone," he said. "Eventually, I got the courage to go back to the sport I love because I wanted something to look forward to. I believe every human being needs something to look forward to."

As it turns out, it wasn't long before Kent was winning in the para game and back to winning at the provincial level against able-bodied athletes, including his own adult sons.

But the 54-year-old from Eastern Passage, N.S., has a bigger goal in his sights right now.

He's looking to defend his Parapan Am singles title and qualify for next summer's Paralympics in Rio. At the 2011 Guadalajara Parapan Ams he won gold in singles and silver in men's doubles, to add to the two silvers he picked up in those events four years earlier. He was 12th in singles at the 2008 Beijing Paralympics.

"Most of the athletes I play are half my age or less, so I recognize that my opportunities for doing something like this are dwindling. So, I'm doing what I call 'an all-in' for this," he said of his preparations for the 2015 Parapan Ams, where he starts competing in Markham on Saturday.
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Serves 4.

Ready in
Prep time: 20 minutes
Cook time: 20 minutes

Ingredients
- 1lb pork tenderloin
- 1 Tbsp Dijon mustard
- 1/2 cup fresh diced pineapple
- 1/2 cup diced mango
- 3 Tbsp finely diced onion
- 3 Tbsp finely diced red bell pepper
- 3 Tbsp finely diced green bell pepper
- 1/4 cup finely chopped cilantro or basil
- 1 Tbsp freshly squeezed lemon juice
- 2 tsp orange juice concentrate
- 2 tsp honey
- 2 tsp olive oil

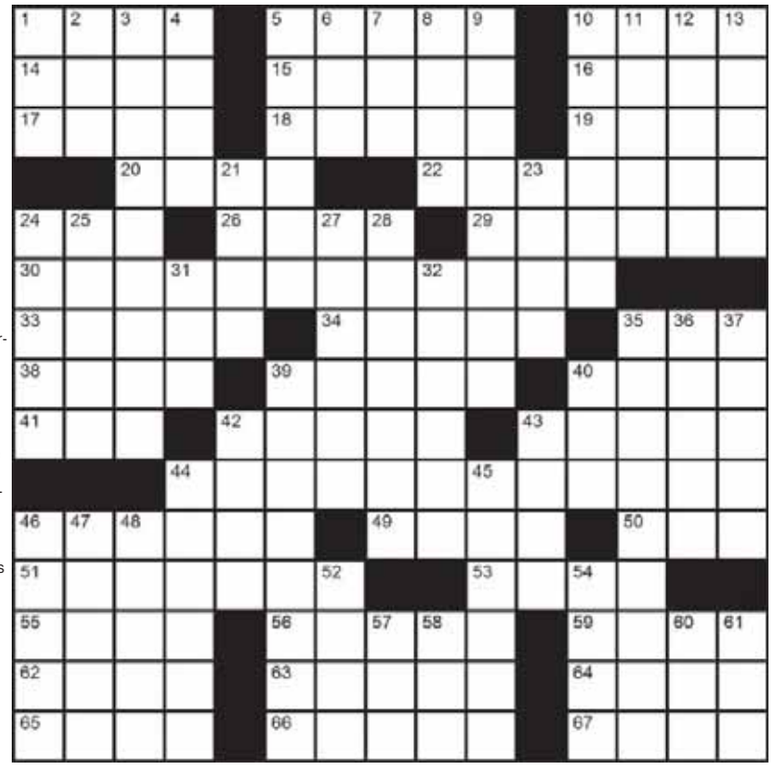
Directions
1. Preheat oven to 400 F.
2. In a large skillet sprayed with vegetable oil, sear pork tenderloin for about two minutes per side or until browned. Place on baking sheet lined with foil. Rub mustard all over pork. Bake for about 15 to 20 minutes or until internal temperature reaches 145 F for medium. Let sit covered while preparing salsa.
3. To make the salsa: Place the pineapple, mango, onion, red and green pepper, cilantro, lemon juice, orange juice concentrate, honey and oil in a bowl and mix to combine.
4. Slice the pork into medallions and garnish with salsa.

Nutrition per serving
- Calories 190
- Protein 24 g
- Total fat 5 g
- Cholesterol 75 mg
- Sodium 150 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Bandmate to Anthony Kiedis
5. Camouflage colour
10. Laddie's love
14. Curser's word!
15. Hawkeye State denizen
16. Ruler measurement
17. Not much, just _ __
18. Comb parts
19. Buffalo type
20. Name things on a pad
22. SPF lotion wearer's avoidance
24. "Halo" songstress, to fans
26. Put a 'roof' on a room
29. 1980s hairstyle
30. Concern for a cross-border shopper: 2 wds.
33. Flight segment
34. Persons, places and things
35. Dry, as wine
38. Misjudges
39. Shampooing direction
40. Jane Austen novel
41. Road covering
42. Annoy: 2 wds.
43. Without the extras
44. California setting of Canadian actor Jason Priestley's 1990 to 2000 series: 2 wds.
46. Calm
49. Kaput
50. Sanction
51. Singer/actress Ms. Chenoweth
53. Whispery word
55. Content or data, briefly
56. Abate: 2 wds.
59. Like an acorned tree
62. Elevator, to a Brit
63. Baggy, as clothing
64. Ice mass
65. Not as much
66. Door sign
67. Comparable

DOWN
1. U.S. health-related agcy.
2. Research __
3. Canadian painter, b.1871 - d.1945: 2 wds.
4. __-inflammatory
5. Baby cat
6. Furrow maker
7. __-inspiring
8. Kit __ (Some chocolate treats)
9. Brutish
10. Legally accountable
11. Void
12. Sports game outcome
13. Shall not
21. Stitches reminder
23. Pecans
24. Badger
25. Bonus
27. Light with a match
28. Musician/poet Mr. Cohen from Montreal
31. Howdies
32. Wind moving through tree leaves sound
35. Party conversation: 2 wds.
36. Mr. Hirsch of acting
37. Able, archaically
39. Rise and shine signaller in the military
40. The 'E' in REO, as per REO Speedwagon
42. Fine fellow
43. High degs.
44. Stupefies
45. Fido, when emitting a high-pitch bark
46. Talent
47. Bert's pal
48. Bits of jazz
52. City sign's light
54. Couch
57. Small fry
58. Bring into play
60. Garden pond fish
61. Languish

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
For each thing you have lost over the past few weeks you have gained something much more valuable, and with each apparent failure you have made long-term success more likely.

Taurus April 21 - May 21
You will tell others what you think of them today. However, you could be too honest for your own good. Be truthful about their good points, but play down their bad if possible.

Gemini May 22 - June 21
You have given a lot in recent weeks and you will be expected to give even more today. Where affairs of the heart are concerned there is no limit to your generosity and, somehow, the more you give the more you get.

Cancer June 22 - July 23
These may be difficult times but it's not as bad as you like to make out. Put your work and well-being first today and start doing things that will help make your dreams come true.

Leo July 24 - Aug. 23
No matter how difficult the past few weeks, the next few will more than make up for them. It will start to go right for you again and your confidence will come flooding back.

Virgo Aug. 24 - Sept. 23
If you have any errands to run then get on them now because you won't have time later in the week. Besides, you will want to spend time and energy on more personal things. How's your love life?

Libra Sept. 24 - Oct. 23
Money matters have been a source of both joy and despair in recent weeks. Now you can see what needs to be done to return to profitable ways. So do it.

Scorpio Oct. 24 - Nov. 22
Your mind may be full of big ideas but are they good ideas? You will accomplish more if you focus on one thing at a time and put the rest out of your mind.

Sagittarius Nov. 23 - Dec. 21
Many things you have been worrying about will resolve themselves in your favour. Look back over the past few months and work out where you went wrong. It's never too late to learn.

Capricorn Dec. 22 - Jan. 20
If you get the chance to socialize today you are strongly advised to forget about work and have fun with friends. Later in the month you will become a lot more reserved, so get the most from your social life now.

Aquarius Jan. 21 - Feb. 19
You may have missed out on a chance to move up in the world but will be more opportunities in the near future. People in positions of power are looking to be impressed.

Pisces
Feb. 20 - March 20
You seem to have more options than you know what to do with. For a Pisces it can be a problem. Select a goal and stick with it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			4		3			

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